ONE TOUCH® II

BLOOD GLUCOSE MONITORING SYSTEM

LIFESCAN
a Johnson & Johnson company

Owner's Booklet

Dear ONE TOUCH® II System Owner:

Congratulations! You've chosen a very easy-to-use blood glucose monitoring system for home testing. Your ONE TOUCH II System will give you the accurate test results you need, just by following a few simple steps.

Everything you need to know about using the ONE TOUCH II System is included in this booklet. An audiocassette has been included with your meter. It contains the same information in a shorter format, and will help you get to know your blood glucose monitoring system. A free videotape is also available by calling the LifeScan Customer Services Department.

Blood glucose monitoring plays an important role in controlling your diabetes. The results you get with the ONE TOUCH II System can help you and your healthcare professional monitor and adjust your treatment plan (diet, exercise, and medication) to help you gain better control of your diabetes.

If you have any questions, please feel free to call our toll-free number and speak with our **Customer Services Department, 1 800 227-8862.**

Thank you for choosing the ONE TOUCH II System.

Sincerely,

Richard P. Thompson
President, LifeScan Inc.

P.S. Don't forget to complete and mail the warranty registration card. When we receive your warranty card, we'll send you a complimentary gift to show our appreciation. See your warranty card for details.

CAUTION: BEFORE USING ANY PRODUCT TO TEST YOUR BLOOD GLUCOSE (SUGAR), READ ALL INSTRUCTIONS AND PRACTICE THE TEST. DO ALL QUALITY CONTROL CHECKS AS DIRECTED AND CONSULT WITH A DIABETES HEALTHCARE PROFESSIONAL. THESE RECOMMENDATIONS APPLY TO ALL BLOOD GLUCOSE MONITORING SYSTEMS AND ARE SUPPORTED BY THE AMERICAN ASSOCIATION OF DIABETES EDUCATORS, THE AMERICAN DIABETES ASSOCIATION, THE U.S. FOOD AND DRUG ADMINISTRATION, AND THE HEALTH INDUSTRY MANUFACTURERS ASSOCIATION.

LIFESCAN CUSTOMER SERVICES
1 800 227-8862

TABLE OF CONTENTS

1. GETTING STARTED **1**

Description and Use 1
Getting to Know the Meter 2
Precautions and Limitations 5

2. BEFORE TESTING **8**

Checking the System 8
Coding the Meter 14

3. GETTING AND TESTING A DROP OF BLOOD **17**

Using the PENLET® II Automatic Blood Sampler 17
Testing Your Blood 22
Checking the Amount of Blood on the Test Strip 28

4. HELP! (Troubleshooting) **30**

Test Procedure Messages 30
Error Messages 33
Special Function/Memory Messages 38
What to Do If You Think Your Test Results Are Wrong 40

5. TAKING CARE OF THE METER **42**

Infection Control Information 42
Doing a Daily Check 43
Cleaning the Meter 43
Replacing the Battery 47

6. SPECIAL FUNCTIONS **50**

Setting the Clock 50
Setting Special Functions 54
Recalling Tests from the Meter Memory 63
Setting Event Numbers 65

7. QUESTIONS AND ANSWERS **68**

8. SPECIFICATIONS **73**

Performance Characteristics 73
Guarantee and Warranty 74

9. GLOSSARY AND INDEX **76**

1. GETTING STARTED

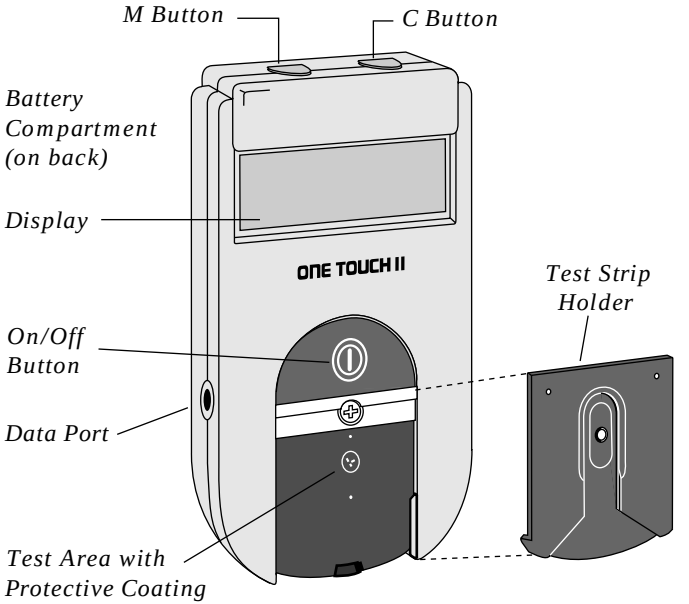
Description and Use

The ONE TOUCH® II Blood Glucose Monitoring System is intended for *in vitro* diagnostic use. This statement means that the system should be used only for testing purposes and only outside of the human body. The ONE TOUCH® II Meter and ONE TOUCH® Test Strips are used for monitoring whole blood glucose for people who have been diagnosed with diabetes mellitus by conventional means. *This device is not to be used for the diagnosis of diabetes.*

The ONE TOUCH II Blood Glucose Monitoring System is used to measure the amount of glucose (sugar) in whole blood. When blood is applied to the test strip, compounds on the test strip react with the blood and a blue color is formed. The intensity of the color is then measured and read by the ONE TOUCH II Meter.

Getting to Know the Meter

Study this diagram and become familiar with all the parts of your ONE TOUCH® II Meter.



ON/OFF BUTTON. This button turns the meter on and off.

DISPLAY. This is where you read your test results and the simple messages that help guide you through the test.

BATTERY COMPARTMENT. Holds one J-size battery. The battery is already installed in your meter. See page 47 for replacement instructions.

M (MEMORY) BUTTON. The ONE TOUCH® II Meter automatically stores your test results. Press the M button when you want to recall past results. For information, see page 63.

C (CODE) BUTTON. Each vial of ONE TOUCH® Test Strips has a code number on the label. Use the C button to match the meter code with the code number on the test strip vial. For information, see page 14.

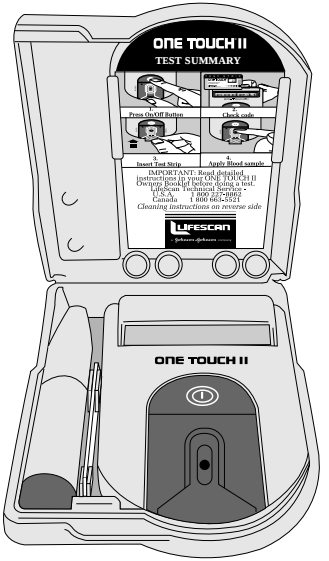
TEST STRIP HOLDER. The dark gray test strip holder keeps the test strip in place. The meter reads the color of the reacted test strip through the small hole in the test strip holder. Remove the test strip holder from the meter for cleaning. For information, see page 44.

TEST AREA. When the test strip holder is removed, the test area is exposed. The test area has a clear, protective coating over the meter optics window that must be kept clean and lint-free for accurate results. Be careful not to scratch or damage this coating. For information, see page 45.

DATA PORT. This port lets you access the information stored in the meter's memory with a Data Manager™ from LifeScan, or other data management systems. For information, see page 55.

TEST STRIPS. ONE TOUCH® Test Strips are used to test your blood glucose (sugar) level. They are sensitive to moisture and light, so they come in a moisture-resistant, light-protected vial. Keep the test strips sealed in their original vial until you're ready to use them. **Do not** carry loose test strips in your meter case.

- ❏ Carefully read this owner's booklet and all other instructional material provided with your blood glucose monitoring system and test supplies. Refer to the glossary at the back of this booklet for unfamiliar words.
- ❏ For a free copy of the "ONE TOUCH® II VIDEO PROCEDURE GUIDE", call LifeScan Customer Services.


ONE TOUCH II
TEST SUMMARY
Press On/Off Button
Check code
Insert Test Strip
Apply Blood sample
IMPORTANT: Read detailed instructions in your ONE TOUCH II Owner's Booklet before using a test.
USA 1 800 227-8862
Canada 1 800 663-5521
Cleaning instructions on reverse side
LIFESCAN
ONE TOUCH II

Precautions and Limitations

The following technical information may be useful if you or your healthcare professional have concerns about the precautions or limitations of the ONE TOUCH® II System.

If you experience symptoms that are not consistent with your blood glucose results, and you have carefully followed the procedure described in the owner's booklet, contact your healthcare professional immediately.

Never make significant changes to your medication program or ignore physical symptoms without consulting your healthcare professional.

When the message high appears on the meter display, this indicates severe hyperglycemia (high blood sugar); contact your healthcare professional immediately.

Do not use ONE TOUCH® Test Strips beyond the expiration date printed on the vial. Discard the vial and unused test strips four months after first opening the vial.

Do not use ONE TOUCH Test Strips that are discolored, wrinkled, torn, cut, or altered in any way (the test spot of a normal test strip is white or ivory-colored).

Do not store test strips outside of the vial.

ONE TOUCH® Test Strips must be stored in a cool, dry place, below 86°F (30°C). Do not refrigerate test strips or place test strips in heat or direct sunlight.

Use only ONE TOUCH Test Strips with the ONE TOUCH® II Meter.

Cleaning your meter as described in this booklet is important for accurate results. For information, see page 43.

Clinical Information

For use in hospitals, institutions, and clinics, refer to the ONE TOUCH® II Blood Glucose Monitoring System Manual and Inservice Guide for Hospitals and Clinics. The ONE TOUCH II Meter is **not** intended for monitoring neonatal whole blood samples.

Do not use ONE TOUCH Test Strips with plasma or serum samples. Results will be inaccurate. ONE TOUCH Test Strips are intended for use with fresh whole blood or ONE TOUCH® Normal Control Solution.

Hematocrit: Extremes in whole blood hematocrits (above 60%) or very low hematocrits (below 25%) can cause inaccurately low results. Reducing substances, such as ascorbic acid, do not significantly affect blood glucose results when occurring in normal blood concentrations. However, abnormally high concentrations of reducing substances in blood will cause inaccurately low blood glucose results.

Do not use samples with preservatives that contain fluoride (gray-top test tubes).

The results will be inaccurately low.

Blood glucose results obtained with the ONE TOUCH® II Meter may be significantly lower than the true concentrations if excessive water loss or dehydration occurs. This has been reported in the medical literature for leading blood glucose monitoring products.[1,2] Severe dehydration can lead to many serious complications. One complication which is of particular importance in diabetes management is a hyperglycemic-hyperosmolar state, with or without ketosis, which may be life-threatening if left untreated. The following factors can lead to severe dehydration:

- vomiting and diarrhea
- prescription drugs; i.e., diuretics
- inability to recognize or respond to "thirst" sensations
- sustained uncontrolled diabetes (very high blood glucose over a long period of time)
- shock (severe hypertension or high blood pressure)[2,10]

2. BEFORE TESTING

Checking the System

There are two ways to make sure your ONE TOUCH® II System is working properly. The check strip is used to check that the *meter* is operating properly. ONE TOUCH® Normal Control Solution is used to check that both the *meter and the test strips are working together as a system*, and that you are doing the test correctly. It is very important that you do these simple checks routinely to make sure you get accurate results.

1. Checking Your ONE TOUCH® II System with Control Solution

ONE TOUCH
Normal Control Solution

ONE TOUCH® Normal Control Solution should be used to practice the test procedure and to make sure your meter and test strips are working properly.

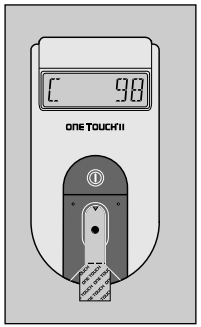
Before you use the meter to test your blood glucose for the first time, practice the procedure using the control solution. When you can do three tests in a row that are within the acceptable range, you are ready to test your blood.

- ❏ Use only ONE TOUCH® Normal Control Solution, available from your drugstore or authorized LifeScan distributor.
- ❏ Check the expiration date on the control solution vial. If it has expired, replace it with new control solution.
- ❏ Shake the control solution well, before using.

To do a control solution test, follow the same procedure you would if you were testing your blood. For information, see page 22.

Your control solution results will appear on the meter display as follows:

c 98
contrl
(example)



The acceptable range* for ONE TOUCH Normal Control Solution is printed on the test strip vial. *This range is for the control solution only; it is not intended as a recommended range for your blood glucose test results.*

*The control solution range is shown in two different units of measure—mg/dL (used in the United States) and mmol/L (used in Canada and some European countries).

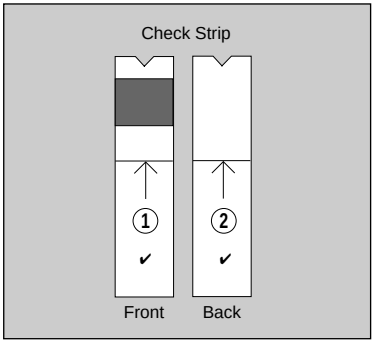
CAUTION: If your control solution result falls outside the acceptable range, the system is not working properly. **Do not** use the system to test your blood until you get a reading that falls within the acceptable range. For assistance, call LifeScan Customer Services.

You must use the control solution:

- ❏ At least once a week.
- ❏ When you begin using a new package of test strips.
- ❏ Whenever you suspect the meter or test strips are not working properly (for example — when your results are not consistent with how you feel).

2. Checking the Meter with the Check Strip

A purple and white check strip is included with your ONE TOUCH® II Meter. The check strip is used to make sure your meter is working properly.



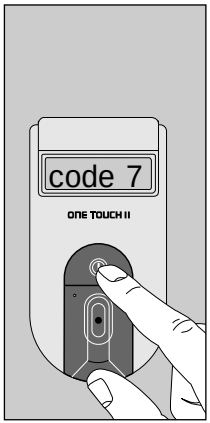
Before doing a check strip test, make sure the test strip holder and the test area are clean, dry, and lint-free. For information, see page 42. Make sure both sides of the check strip are clean and dry.

Do the check strip test at room temperature (between 64°F and 79°F [18°–26°C]).

How to use the check strip:

Step 1:

Press on/off button.



code 7
(example)

will appear on the display. (The code number does not need to match the code number on the test strip vial to do a check strip test.)

insert strip

appears. Slide the check strip into the test strip holder with the notched end first, *Side 1 (purple) facing up.*

wait

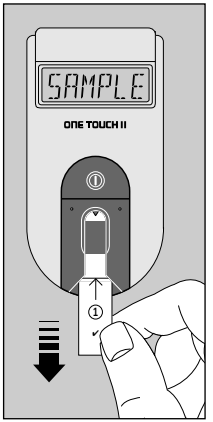
appears for a few moments.

Step 2:

When

apply
sample

appears, remove the check strip from the test strip holder.



Step 3:

When

insert
side 2

appears, turn the check strip over and put it back into the test strip holder, notched end first, Side 2 (white) facing up.

The meter counts down from 4 to 0, then

A 70
A ok
(example)

appears if the number falls within the acceptable check strip range. *The meter automatically tells you if your reading falls within the correct check strip range.* ***(The range is also printed on the back of the meter in both mg/dL and mmol/L.)***

These messages will continue to display until you turn the meter off or for two minutes, after which the meter automatically turns off. You may now proceed with a blood glucose test.

If the reading is **not** within the acceptable range, the meter display will read

A 38
A not ok
redo A
(example)

Go back to Step 1 and repeat the check strip test. If this message appears again, clean your meter. For information, see page 42. For further assistance, call LifeScan Customer Services.

The next time you turn on your meter,

code 7
redo A
(example)

will appear, indicating that your check strip test result was out of range at the last reading.

This message will appear each time the meter is turned on until you perform a check strip test that falls in the acceptable range.

CAUTION: If your check strip test result falls outside the acceptable range, the meter is not working properly. **Do not** use the meter to test your blood until you get a check strip test result that is within the acceptable range. For assistance, call LifeScan Customer Services.

You must use the check strip:

- ❑ At least once a day.
- ❑ After cleaning the meter.
- ❑ Whenever your results are not consistent with how you feel, or when you think your results are not accurate.
- ❑ Whenever this message appears:

A 38
Anot ok
redo A
(example)

Cleaning and maintaining the check strip:

- ❑ Make sure both sides of the check strip are clean. If not, wipe with a soft cloth or tissue dampened with water. Dry completely.
- ❑ **Do not** put blood, alcohol, control solution, or any other fluid (except water) on the check strip.
- ❑ **Do not** scratch the check strip.
- ❑ **Do not** leave the check strip in sunlight for long periods of time.
- ❑ If you lose or damage the check strip, call LifeScan Customer Services for a free replacement.

Coding the Meter

CAUTION: You must match the code number on the meter display with the code number on the test strip vial that you are using. If these two code numbers do not match, you will get inaccurate results.

Set the code:

- ❑ Before using the meter for the first time.
- ❑ Every time you open a new vial of test strips or change to a different vial of test strips.

Step 1: Turn On the Meter.

Press the on/off button to turn the meter on.

code
and a
number

code 7
(example)

appears on the display for several seconds, followed by insert strip.

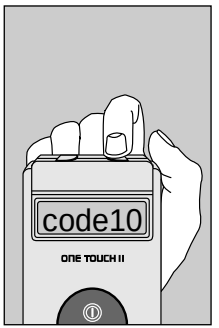
The code numbers on test strip vials range from 1 to 16. If the number on the display matches the code number on your test strip vial, you may proceed with a blood test. For information, see page 22. If it is not the same, go on to Step 2.

Step 2: Match the Code Numbers.

Press the C button. With

code 7
(example)

on the display, press and release the C button, and the number will increase by one. Continue pressing until the number on the display matches the code number on your test strip vial.

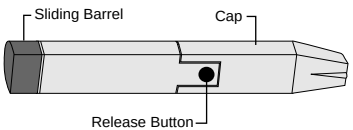


code10
(example)

The meter is now properly coded and you may proceed with the test. From now on, the meter will remember the selected code until you change the code for a new vial of test strips.

3. GETTING AND TESTING A DROP OF BLOOD

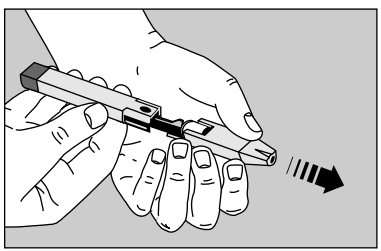
Using the PENLET® II Automatic Blood Sampler



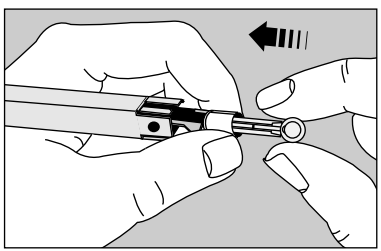
PENLET II Automatic Blood Sampler

Step 1: Insert a Lancet.

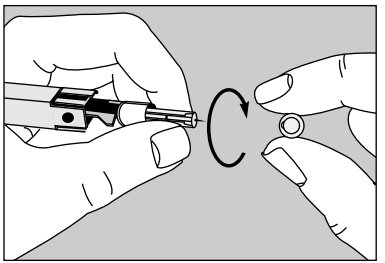
Remove the PENLET® II Cap by pulling it straight off.



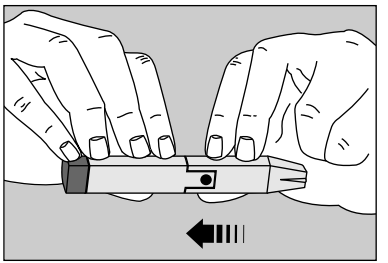
Insert a new, sterile lancet into the lancet holder. The lancet will slide into the lancet holder easier if you **do not** line up the ridges on the lancet with the slots in the lancet holder. (*Note:* Inserting the lancet may automatically cock the PENLET® II Sampler.)



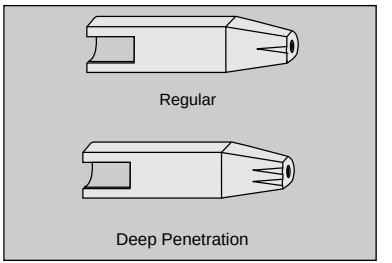
Hold the lancet firmly and gently twist off the lancet protective disk.



Replace the PENLET® II Cap.

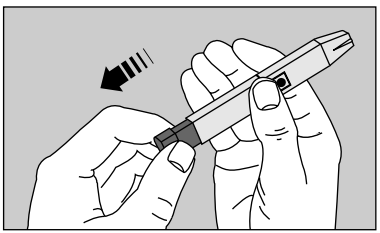


The PENLET® II Sampler includes two caps. The cap that comes attached to the PENLET II Sampler has a **single line** on the flat side, and works well for children and most adults. The other cap has **two lines** on the flat side, and works well for very thick or calloused skin, or when a deeper puncture is needed.



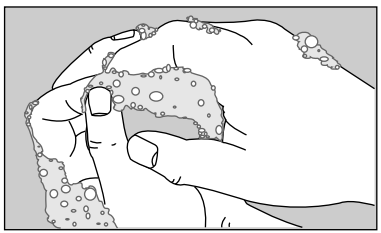
Step 2: Cock the PENLET® II Sampler.

Holding the lower portion of the PENLET II Sampler, pull out the dark gray sliding barrel until it clicks. If it does not click, the PENLET II Sampler may have been cocked when the lancet was inserted.

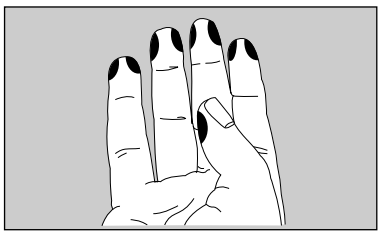


Step 3: Get a Drop of Blood.

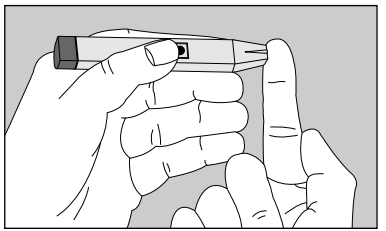
Wash your hands with soap and warm water and dry them thoroughly. Warm water stimulates the flow of blood to the fingers. Hanging your arm down at your side for 10–15 seconds before the fingerstick will make it easier, too. If you use alcohol to clean your finger, make sure you let it dry before pricking your finger.



Choose a spot on the side of a different finger each time you test. Repeated punctures in the same spot can make your finger sore and calloused.

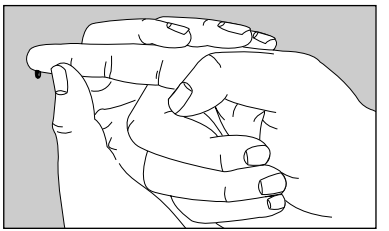


Hold the PENLET® II Sampler firmly against the side of the finger, with the cap resting on the finger. (The harder you press, the deeper the puncture.)



Press the dark gray release button.

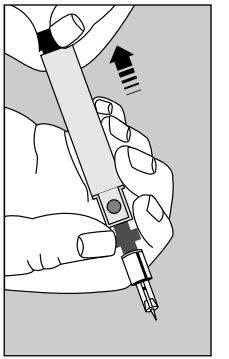
Squeeze the finger gently to obtain a large, hanging drop of blood.



Proceed with the blood glucose test. For information, see page 22.

Step 4: Remove the Lancet.

Always use caution when removing the lancet and PENLET® II Cap. Remove the PENLET II Cap. Grasp the dark gray T-shaped prongs. Point the lancet down and away from you. Pull back on the dark gray sliding barrel until the lancet drops out.



CAUTION:

- ❑ **Never use a lancet that has been used by someone else.**
- ❑ To help avoid infection, use a new, sterile lancet every time you test.
- ❑ If you share a PENLET® II Sampler, each person should always use a new lancet and a new or properly disinfected cap. For more information, see page 42, or call LifeScan Customer Services.
- ❑ Dispose of the used lancet in a container for sharp objects.

Cleaning the PENLET® II Sampler:

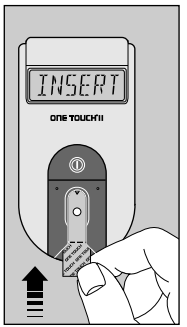
Clean the PENLET II Sampler and Cap with soap and water as needed.

For use in hospitals or institutions with multiple patients, consult your institution's infection control procedure, and the ONE TOUCH® II HOSPITAL Manual.

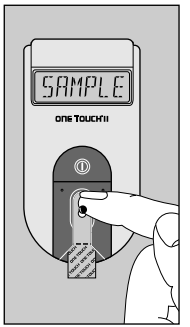
Testing Your Blood

You can test your blood glucose by following these three simple steps:

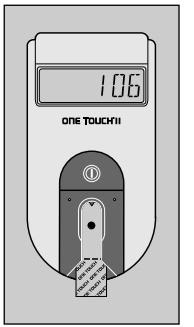
Step 1: Press power, insert strip.



Step 2: Apply sample. No wiping. No timing.



Step 3: Accurate results in 45 seconds.



IMPORTANT:

- ❏ Be sure to read the following section carefully before testing for detailed step-by-step instructions and information.
- ❏ The test strip holder and test area of the meter must be clean and lint-free. For information, see page 43.
- ❏ Check the expiration date on the test strip vial. If the date has passed, discard the test strips and open a new vial.
- ❏ Discard the test strips four months after first opening the vial.
- ❏ If you have questions about the testing procedure, call LifeScan Customer Services.

Step-by-Step Instructions

Choose a clean, dry work surface. Make sure you have all the materials needed for a test:

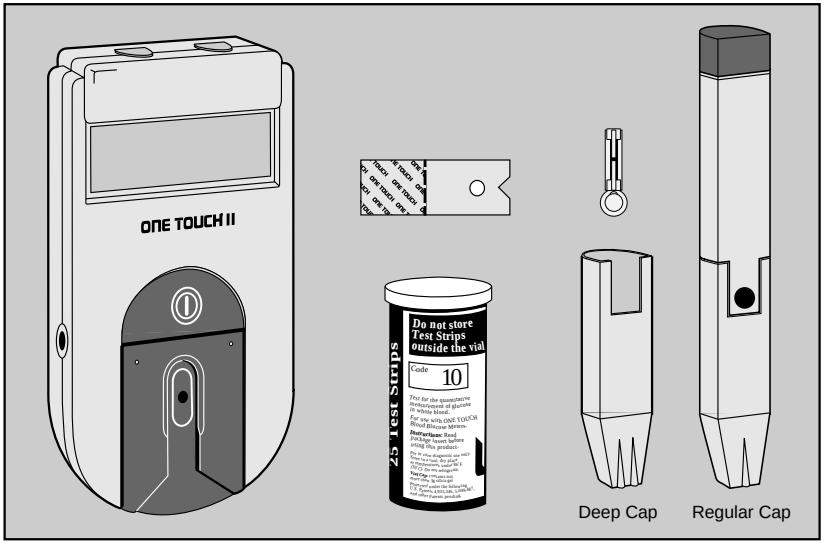
ONE TOUCH® II Meter

ONE TOUCH® Test Strips

PENLET® II Automatic Blood Sampler (with choice of caps)

Sterile Lancet

Tissues



Step 1: Press On/Off Button. Insert Test Strip.

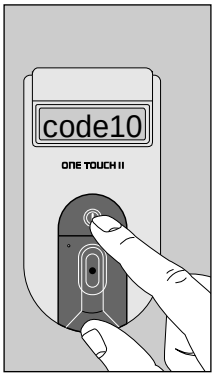
Turn your meter on.

code10

(example)

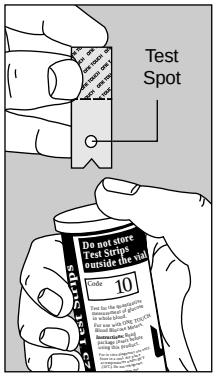
appears on the display for several seconds, followed by

insert strip



Make sure the code number on the meter display matches the code number on the test strip vial. For information, see page 14.

Remove a test strip from the vial. **Do not** touch the white test spot. Replace the vial cap immediately.



The test spot should be white or ivory-colored, with no tears or wrinkles.

Test Spot

When

insert
strip

appears, slide the test strip into the holder, notched end first, test spot side up. Make sure you push the test strip all the way into the holder until it stops.

wait

appears for a few moments. Then,

apply
sample

appears for five minutes or until you apply blood to the test spot.

Step 2: Apply Blood Sample.

With the test strip in the meter and

apply
sample

on the display, apply a drop of blood to the test spot.

Make sure that you:

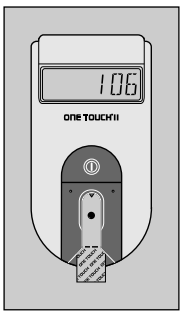
- ❏ Touch only the tip of the drop of blood to the test spot.
- ❏ Do not smear blood on the test spot or apply a second drop after the test begins.
- ❏ Apply enough blood to form a round, shiny drop that covers the test spot completely and stays wet during the entire test.
- ❏ Do not move the test strip as you are applying blood. If the test strip moves, push it back to its original position.
- ❏ Do not remove the test strip from the meter to apply blood.

The meter will beep when the blood has been applied to the test spot.

Step 3: Accurate Results in 45 Seconds.

The meter then counts down from 45 to 0 seconds, followed by a series of beeps when your result is displayed.

106
(example)



Be sure to wait for the beeps before you note your result. The meter displays results which are between 0 and 600 mg/dL (0–33.3 mmol/L). Results above 600 mg/dL (33.3 mmol/L) are displayed as

high

To select an event number at this time, see page 65. Press the on/off button to turn the meter off.

Checking the Amount of Blood on the Test Strip

Although the ONE TOUCH® II System requires only a small drop of blood, it is very important that the drop be large enough to cover the test spot completely.

In many cases, the meter can detect if the drop of blood was too small to give an accurate reading. If

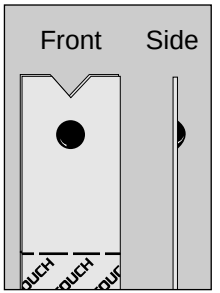
not
enough
blood
retest

or

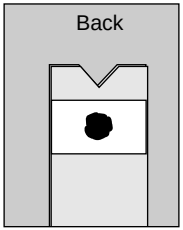
c 104
contrl
(example)

appears on the display, your drop of blood was too small, smeared, or the test strip was inserted only partway into the test strip holder. Repeat the test with a new test strip and a larger drop of blood. The meter cannot always tell if a sample is too small, so it is important that you look at the test strip to make sure that you applied enough blood.

❑ Remove the test strip from the meter and look at the test spot. It should still have a wet, shiny drop that completely covers the circle. If the blood sample has a dull, dry appearance, you may not have applied enough blood, or you may have smeared it.

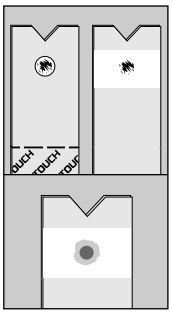


❑ Look at the back of the test strip. You should see a full, dark circle.



an inaccurately low result. Repeat the test with a new test strip.

If there are any white patches or streaks, the blood may have been smeared, or the drop was too small. **In either case, you may have**



4. HELP! (Troubleshooting)

The display messages that appear on the meter will guide you through the glucose testing and quality control test procedures, alert you to problems as they occur, and give you information about test results stored in the meter memory. This section provides you with a complete listing of the display messages, what they mean, and what to do if there is a problem.

Test Procedure Messages

These messages appear during routine testing. Just follow them carefully and they will guide you through the test.

MESSAGE	APPEARS WHEN
	You press and hold the on/off button. It means all display segments are working properly.
code 7 (example)	The meter is first turned on. This code number (1–16) must match the code number on the test strip vial or be reset.

MESSAGE	APPEARS WHEN
insert strip	The meter is ready to perform a blood, check strip, or control solution test.
wait	The meter is performing internal checks.
apply sample	The meter is ready to receive a blood or control solution sample. If performing a check strip test, this is your signal to remove the check strip (Side 1) from the meter.

MESSAGE	APPEARS WHEN
45.....0	The meter is counting down from 45 seconds to 0.
106 (example)	A blood test is completed. This indicates a blood glucose result when the meter is set for mg/dL.
mm 6.3 (example)	A blood test is completed. The meter is set for mmol/L, used in Canada and some European countries.*

*mm will not appear on the display with check strip, control solution, and average blood glucose test results.

MESSAGE	APPEARS WHEN
c 98 contrl (example)	A control solution test is completed. If you have performed a blood test, it means that the blood sample was too small and the meter read it as a control solution test result.
insert side 2	You are performing a check strip test. Turn the check strip over and insert Side 2.

MESSAGE	APPEARS WHEN
A 70 A ok (example)	The check strip test result falls into the acceptable range.
high	Your blood glucose test result is above 600 mg/dL or 33.3 mmol/L. Indicates severe hyperglycemia. Contact your doctor immediately.

Error Messages

When any of these messages appear, there is a problem with the meter or the way in which you are performing a procedure. In most cases, problems are easy to fix. If you need it, help is available from LifeScan Customer Services 24 hours a day.

MESSAGE	PROBLEM	WHAT TO DO
	Some parts of the display are not working. The messages will be incomplete.	Call LifeScan Customer Services.

MESSAGE	PROBLEM	WHAT TO DO
insert insert insert (example)	When any message flashes continually, it means the battery is getting low. (This may happen with any display message.)	Test results will still be accurate, but replace the battery as soon as possible.
battry	The battery is too low. The meter will **not** provide any results.	Replace the battery.

MESSAGE	PROBLEM	WHAT TO DO
clean test area	1. There is dirt, blood, or lint on the test area.	1. Clean the test area according to instructions.
	2. Your hand or an object covered the test area while the meter was turned on.	2. Repeat the test. Keep test area clear.
	3. The test strip was inserted before insert strip appeared.	3. Repeat the test. Wait for the message before inserting test strip.
c 68 contrl (example)	If this message appears after a blood test, your blood sample was too small, smeared, or another drop was added after the test began.	Repeat the test with a new test strip and a larger drop of blood.

MESSAGE	PROBLEM	WHAT TO DO
error1 retest	The sample was applied before apply sample appeared.	Repeat the test with a new test strip.
error2 retest	Error in the test procedure such as:	
	1. The test strip moved during the test.	1. Repeat the test with a new test strip.
	2. The test strip was not inserted correctly.	2. Repeat the test with a new test strip.
	3. The test strip was removed before the test was completed.	3. Repeat the test with a new test strip.
	4. There was not enough blood on the test strip.	4. Repeat the test with a new test strip.

MESSAGE	PROBLEM	WHAT TO DO
	5. The meter was used in very bright light.	5. Move the meter. Repeat the test.
	6. The check strip procedure was incorrect.	6. Repeat the check strip test.
	7. The meter may not be operating correctly.	7. Call LifeScan Customer Services.

MESSAGE	PROBLEM	WHAT TO DO
not enough blood retest	1. The blood or control solution sample was too small or smeared.	1. Repeat the test with a new test strip and a large, shiny drop of blood or control solution.
	2. The test strip was not inserted fully into the test strip holder.	2. Repeat the test, pushing the test strip all the way into the test strip holder.

MESSAGE	PROBLEM	WHAT TO DO
not ok	Your meter may have an electronic problem.	Call LifeScan Customer Services.
A 105 Anotok redo A (example)	The check strip test result is outside the acceptable range.	Repeat the test. Clean the meter and the check strip if necessary.

MESSAGE	PROBLEM	WHAT TO DO
code 7 redo A (example)	The last check strip test result was outside the acceptable range and an acceptable repeat test was not performed.	Stop and do a check strip test.
remove strip	The test strip was inserted before the meter was ready.	Remove the test strip. Wait for the insert strip message.

MESSAGE	PROBLEM	WHAT TO DO
reset code	The meter has lost some important information, including the code number.	Use the C button to reset the meter code to match with the test strip vial code. (If this continues to happen, there may be a problem with your meter. Call LifeScan Customer Services.)

Special Function and Memory Messages

This last group of display messages has to do with the meter memory and other special features of the ONE TOUCH® II Blood Glucose Monitoring System.

MESSAGE	WHAT IT MEANS
memory	You have entered the meter's memory by pushing the M button.
nodata	There are no test results stored in the memory.

MESSAGE	WHAT IT MEANS
n 225 (example)	The total number of tests (blood, check strip, and control solution) stored in the memory.
av 107 (example)	The average of all blood glucose tests stored in the memory over the past 14 days.
av---	There are no blood glucose results in the memory or the results are more than 14 days old.

MESSAGE	WHAT IT MEANS
135 event6 (example)	A blood glucose test result marked with an event number.
3 30 99 3 21pm 107 event5 (example)	A blood glucose test result stored in the memory for a test done March 30, 1999, at 3:21 PM. The result is marked with Event number 5.

What to Do If You Think Your Test Results Are Wrong

If you think you are getting inaccurate results, do a check strip test and a control solution test to check the meter, test strips, and your procedure. For information, see page 8. **After performing these checks, if your results still are not consistent with how you feel, call your doctor or healthcare professional.**

There are several reasons why your test result may be wrong:

- ❏ You may not have applied enough blood. See page 27.
- ❏ The code number on the meter display doesn't match the code on the test strip vial. For information, see page 14.
- ❏ The test strips have expired. Check the expiration date on the test strip vial, and discard the test strips if out of date. Repeat the test with a test strip from a new vial. Make sure you reset the meter code number.
- ❏ The test strip vial was opened for the first time more than four months ago. Discard test strips and open a new vial.
- ❏ The test strips were stored at an extremely high temperature (above 86°F or 30°C).
- ❏ The test was performed outside of the acceptable operating conditions for testing. The ONE TOUCH® II Meter may be used between 59°F and 95°F (15°–35°C), with relative humidity under 90%.

- ❏ The test strip holder and test area are dirty. For information, see page 43.
- ❏ The test result number is below 33.4 and the letters MM appear before the result. This means you may have accidentally switched from mg/dL to mmol/L, the unit of measure used in Canada and other countries. For information, see page 55.
- ❏ You may have a special physical condition, such as extreme dehydration, that is affecting your results. For information, see page 6.

5. TAKING CARE OF THE METER

Infection Control Information

To reduce the risk of infection:

- ❑ If you are sharing the ONE TOUCH® II Meter with another person, always use a new or properly disinfected test strip holder for each person.
- ❑ If you are sharing the PENLET® II Automatic Blood Sampler with another person, always use a new, sterile lancet and a new or properly disinfected PENLET® II Cap for each person.
- ❑ For disinfecting information, an additional test strip holder, or a PENLET II Cap, please call LifeScan Customer Services.

Your ONE TOUCH II Meter is simple to use and easy to maintain. However, it must be handled carefully and cleaned often to remain in good operating condition. You should follow these rules at all times:

- ❑ Keep the test strip holder and test area clean.
- ❑ Do not drop or toss the meter. The meter's electronics could be damaged by such treatment. If you drop the meter, make sure the test strip holder is still securely in place and check the meter with the check strip before doing a blood glucose test.

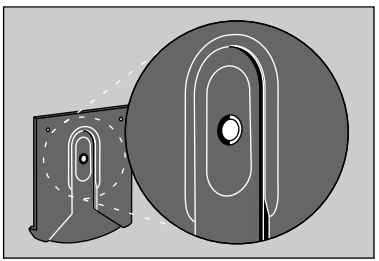
- Avoid exposing the meter or test strips to extremes in temperature or humidity for long periods of time. For example, do not store the meter or test strips in your car.

- Never let your meter get wet. The meter could be permanently damaged if water or other liquids get inside.

- Do not take the meter apart. Sensitive parts could be damaged and cause inaccurate results. Taking the meter apart will invalidate the meter warranty.

Doing a Daily Check

Look through the small hole in the test strip holder to make sure there is no lint, dirt, or blood blocking any part of the hole.



If there is anything blocking the hole, or if the test area has dirt, lint, or blood on it, remove the test strip holder and clean the test area by following the instructions in the next section.

Perform a check strip test by following the instructions on page 10.

Cleaning the Meter

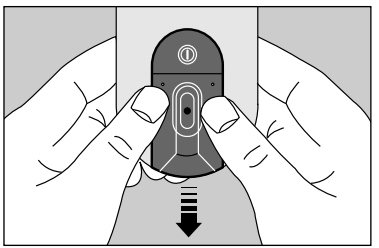
The meter and test strip holder should be cleaned:

- At least once each week,
- Whenever the test area looks dirty, and
- Whenever

clean
test
area

appears on the display.

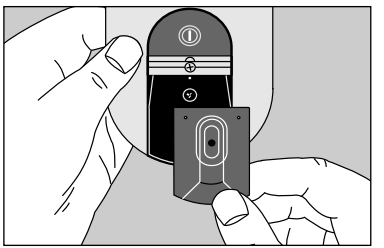
Step 1: Remove Test Strip Holder from the Meter.



Hold the meter and place your thumbs on the two raised dots on the test strip holder.

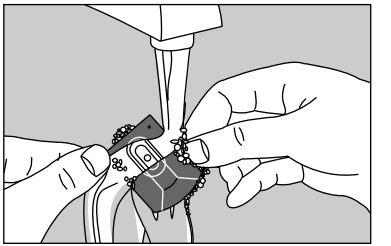
Slide the test strip holder toward you.

Remove the test strip holder to expose the test area.

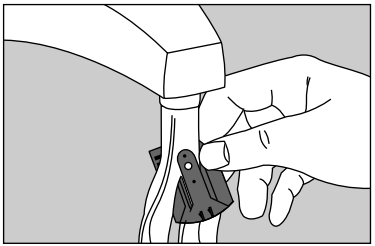


Step 2: Clean Test Strip Holder.

Wash the test strip holder with soap and water.



Clean the underside of the test strip holder and check the small hole for any dirt, blood, or lint. Rinse well.



Dry completely with a soft cloth or tissue.

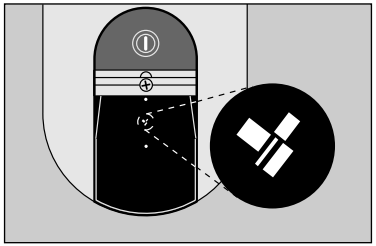
Step 3: Clean Test Area.

CAUTION: DO NOT GET WATER INSIDE THE METER.

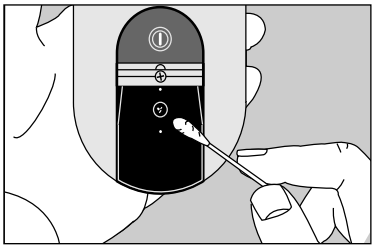
The following cleaning agents will damage the meter.

DO NOT USE:

- Alcohol
- Cleansers with ammonia or phenol
- Windex® or other glass cleaners
- Abrasive cleansers



Check the clear, protective coating over the test area to make sure it is not scratched or damaged.

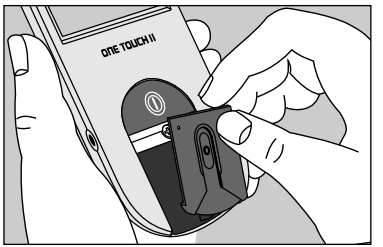


Rub the test area with a cotton swab or soft cloth dampened with water to remove all blood, dirt, or lint from the test area. If necessary, a mild liquid dishwashing detergent mixed with water may also be used. Do not apply full-strength detergent to the test area. *Be careful not to scratch the test area.*

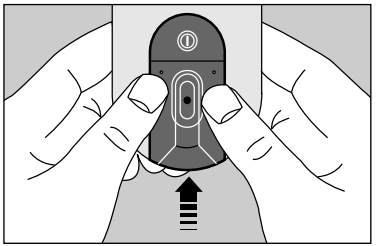
Dry the test area with a soft, dry tissue or cloth. Remove any lint.

Step 4: Replace Test Strip Holder.

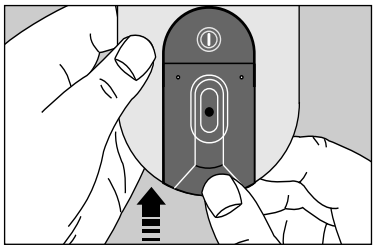
Hook the bottom of the test strip holder onto the square notch on the meter.



Press down on the raised dots of the test strip holder until it snaps firmly into place.



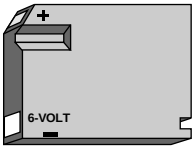
Press forward on the base of the test strip holder to be sure it is properly in place.



You are now ready to do a check strip test. If the check strip will not slide into the test strip holder, repeat this procedure.

Replacing the Battery

The ONE TOUCH® II Meter comes with a battery already installed. When the battery must be replaced, use only a Duracell® brand alkaline battery (J-size, 6 volts, part #7K67), commonly available in drug and hardware stores. This will ensure that you get the best performance from your ONE TOUCH II Meter.



The battery should last about one year with typical home use.

When the battery is getting low, the display will flash.

code 9
code 9
code 9
(example)

The meter will still provide accurate test results with a low battery, but you should replace it as soon as possible.

When

battry

appears on the display, the meter will no longer give results and you must replace the battery before you can perform another test.

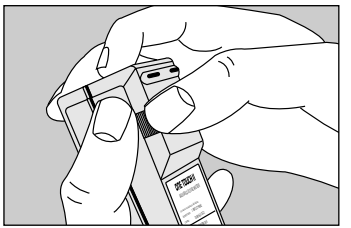
A dead battery or battery removal will not affect the information stored in the meter's memory, as long as the battery is replaced within 30 days.

To replace the battery:

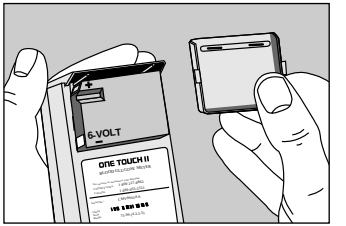
Make sure the meter is turned off before you remove the battery.

Turn the meter upside down.

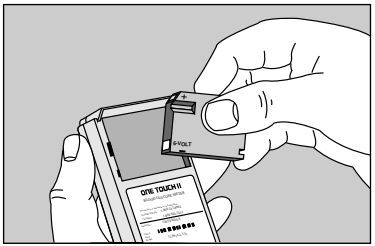
With your thumb, firmly press the left side of the battery door to the right until it releases from the clasp.



Remove the battery door.

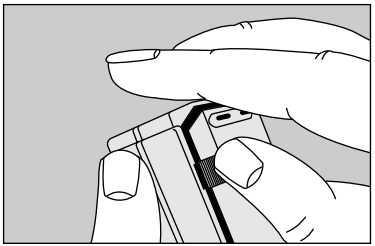


Remove the old battery and discard properly. Insert a new J-size battery in the battery compartment as indicated.



To replace the battery door, insert the tab on the right side of the door into the slot in the battery compartment.

Swing the left side of the door over the battery and insert the tab on the left side of the battery door into the slot by applying pressure with your thumb until it snaps shut.



6. SPECIAL FUNCTIONS

Your ONE TOUCH® II Meter allows you to customize special functions to meet your own special needs. For example, you can:

- Set the clock in your meter so that your blood glucose results will be stored in memory along with the correct date and time of each test.
- Turn the beeper on or off.
- Select the language in which the display messages appear—English, Spanish, French, Italian, Dutch, Portuguese, Swedish, German, and a symbolic language are available. (Call LifeScan Customer Services for information on other languages that may be available in the future.)
- Select the unit of measure for blood glucose results—milligrams per deciliter (mg/dL) or millimoles per liter (mmol/L).
- Select the date format—month-day-year or day-month-year.
- Select AM/PM or 24-hour time.
- Select the type of data management system that the meter will communicate with.

Setting the Clock

The meter has an internal clock that will record the date and time of each test you perform. (The clock is set at the factory in Pacific time.) You must first set the clock to

have the correct date and time appear with each test result that you recall from the meter memory. You will need to reset the date and time whenever there is a change to or from daylight saving time. However, your test results will not be affected if you don't set the clock.

To set the clock:

Using the M and C buttons at the top of the meter, follow the instructions in the chart, page 52, to set the meter clock.

You may save your selection and exit at any time by turning the meter off.

Note: When the date and time are changed, the average blood glucose value may also change. For information, see page 63. The average is calculated from the results obtained during the 14 days preceding the current clock setting.

With the meter off, press and hold the **C** button.

Press and release the **on/off** button.

Release the **C** button.

The year will flash.

61197 (example)

Press the **C** button to change the year (’90–’99, then ’00–’14).

61199 (example)

Press the **M** button to save the change and continue.

The month will flash.

61199 (example)

Press the **C** button to change the month.

81199 (example)

Press the **M** button to save and continue.

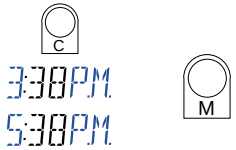
The day will flash.

81199 (example)

Press the **C** button to change the day.

81599 (example)

Press the **M** button to save and continue.



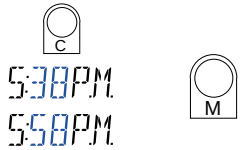
The hour and AM/PM will flash.

338pm. (example)

Press the **C** button to change the hour, and select AM/PM.

538pm. (example)

Press the **M** button to save and continue.



The minutes will flash.

538pm. (example)

Press the **C** button to change the minutes.

558pm. (example)

Press the **M** button to save, and cycle back to the year setting.

Press the **on/off** button to exit.

Setting Special Functions

There are several special features that can personalize your ONE TOUCH® II Meter. The following section will tell you how to set the beep feature, the international options, and the data management interface.

Turning the Beeps On and Off

The beeper provides audio cues that the meter has performed a certain function or alerts you to a special message. Beeps are set "on" at the factory. After you are comfortable with the procedure, you may want to turn the beeps off for more privacy while testing.

To turn the beeps on or off, follow the chart on page 57.

Selecting the Display Language

The ONE TOUCH II Meter can display messages in nine languages: English (engl), Spanish (espan), French (franc), Italian (itali), Dutch (neder), Portuguese (port), Swedish (svens), German (deuts) and a symbolic language (oxooxo). LifeScan may offer more languages in the future. For more information about the availability of additional languages or to receive a copy of the Symbolic Language Chart, call LifeScan Customer Services.

The meter is set at the factory in English. To change the display to another language, follow the chart on page 58.

Note: Once a language is selected, all the messages will be displayed in that language.

Selecting the Unit of Measure

The meter is set at the factory to give results in mg/dL (milligrams per deciliter), the unit of measurement used in the United States. To set your meter to mmol/L (millimoles per liter), which is used in Canada and other countries, follow the chart on page 59.

Selecting Decimal Point or Comma

If you choose to have results displayed in mmol/L, you may also want to display the results with a comma (6,4 mmol/L) rather than a decimal point (6.4 mmol/L). Select this option by following the chart on page 59.

Setting the Date Format

Your meter is set at the factory to display the month/day/year of each test result stored in the meter memory (for example: September 23, 1999 reads as 9 23 99). You can set the meter to display day/month/year (23 09 99), as is commonly read in Europe, by following the chart on page 60.

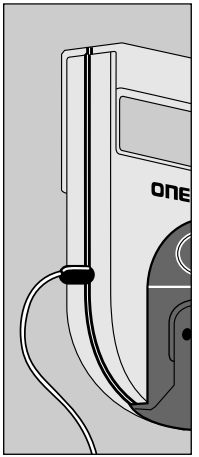
Selecting AM/PM or 24-Hour Time

Your meter is set at the factory to display time in AM and PM (for example, 8:00 PM). To set the time to read in European/ military format (for example, 20:00), follow the chart on page 61.

Selecting the Data Management Interface

The ONE TOUCH® II Meter has the ability to communicate with several types of data management systems, which makes it easier for you and/or your healthcare professional

to review and analyze your results.



On the side of the meter there is a port marked “DATA” which allows you to connect to various data management systems. To communicate with these systems, you will need to select the correct mode for the type of data management system you are using. The meter is set at the factory in the RS-232 data management mode.

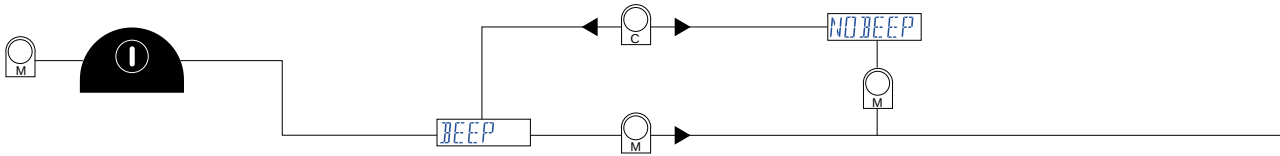
- In the RS-232 mode, you may also select the baud rate—the data communications rate for a specific application (300, 1200, 2400, or 9600).
- You may connect the ONE TOUCH® II Meter to the Data Manager™ by LifeScan using the DTAMGR mode. For information, see page 61.

For information on other data management options, call the LifeScan Data Management Line at 1 800 382-7226.

To set the special functions:

Use the M and C buttons and follow the steps listed in the chart.

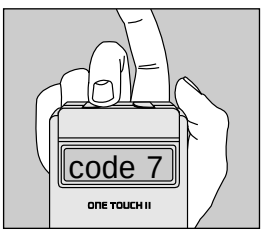
You may save your selection and exit at any time by turning the meter off.



With the meter off, press and hold the **M** button.

Press and release the **on/off** button to turn the meter on.

Release the **M** button.



beep displays and sounds. This selection means you will hear a beep when each test result is displayed.

Press **M** to save and continue

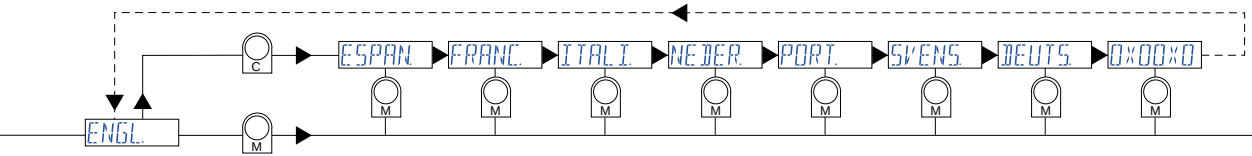
or

Press **C** to turn the beeps off.

no beep displays. There will be no sound when each test result is displayed.

Continue pressing **C** to alternate between the choices.

Press **M** to save and continue.



engl. displays. All display messages will appear in English.

Press **M** to save and continue

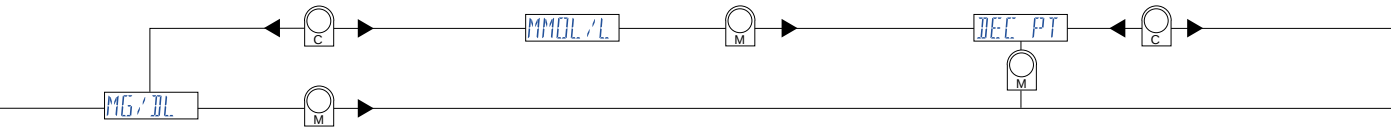
or

Press **C** to choose another language. Languages are displayed in the following order:

espan.	Spanish
franc.	French
itali.	Italian
neder.	Dutch
port.	Portuguese
svens.	Swedish
deuts.	German
0x00x0	Symbolic Language

Continue to press **C** to cycle back to English.

Press **M** while the chosen language is displayed to save and continue.



mg/dl displays. Results will appear in milligrams per deciliter, the unit of measure for blood glucose used in the United States.

Press **M** to save and continue
or
Press **C** to select millimoles per liter.

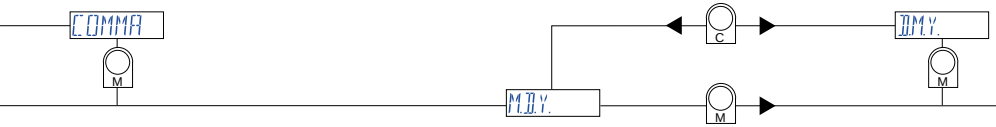
mmol/l displays. Results will appear in millimoles per liter, the unit of measure used in Canada and some European countries.

Continue pressing **C** to alternate between the choices.

Press **M** to save and continue.

dec pt displays. Your mmol/L result will appear with a decimal point (example 6.3 mmol/L).

Press **M** to save and continue
or
Press **C** to choose a comma.



comma displays. Your mmol/L result will appear with a comma (example 6,3 mmol/L).

Continue pressing **C** to alternate between the choices.

Press **M** to save and continue.

m.d.y. displays. The date will appear in this order: month-day-year (example 6-11-99 or June 11, 1999).

Press **M** to save and continue

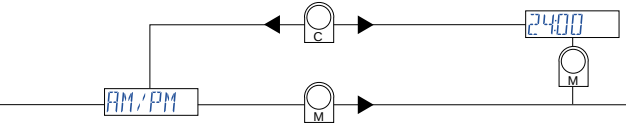
or

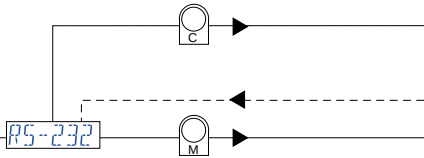
Press **C** to select the day-month-year format.

d.m.y. displays (example 11-6-99 or 11 June, 1999).

Continue pressing **C** to alternate between the choices.

Press **M** to save and continue.





am/pm displays. The clock is set in 12-hour time (example 8:15 PM).

Press **M** to save and continue
or
Press **C** to change to 24-hour time.

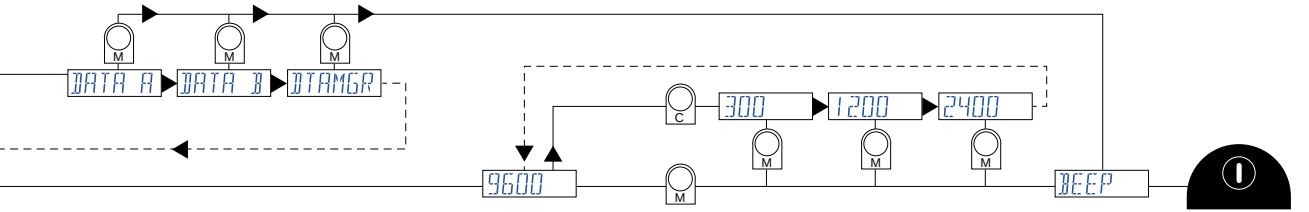
2400 displays. The clock is set in 24-hour time (example 20:15).

Continue pressing **C** to alternate between the choices.

Press **M** to save and continue.

rs-232 displays. The meter is set at the factory for the RS-232 data management mode.

Press **M** to save and continue
or
Press **C** to select the mode.



data a
data b
dtamgr Use this mode to communicate with the Data Manager™ by LifeScan.

Continue pressing **C** to rotate between the choices.

Press **M** to save and return to the beep selection.

If you pressed **M** when rs-232 appeared:

9600 displays. When using the RS-232 data management mode, the meter is set at the factory for a baud rate of 9600.

Press **M** to save and continue

or

Press **C** to choose the correct baud rate for the data management system you are using:

300
1200
2400

Continue pressing **C** to rotate between the choices.

Press **M** to save and return to the beep selection.

beep displays. You may cycle through the selections again, if desired, or press the **on/off** button to turn the meter off.

Recalling Tests from the Meter Memory

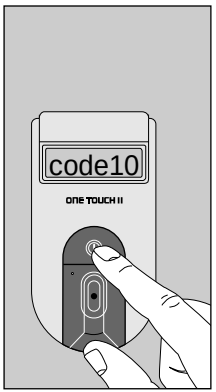
Your ONE TOUCH® II Meter automatically stores up to 250 test results, the date and time of each result, plus an event number, if selected. The meter will not display correct date and time until you set the clock. For information, see page 50.

Test results cannot be deleted from the memory, except by using a Data Manager™ device by LifeScan or another data management system.

When you have done more than 250 tests, the oldest test is dropped from the memory as a new one is added. The most recent test result always appears first.

To recall test results:

Press the on/off button to turn the meter on.



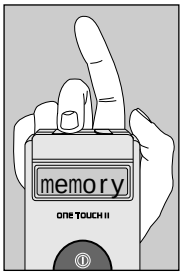
After

code10
(example)

and

insert strip

appear on the display, press the M button.



The word

memory

appears briefly, followed by

av 112
(example)

This number is the average of your blood glucose results for the past 14 days from the current time. Example: A 10:00 AM result from April 1

will not be included in the average at 10:05 AM on April 15. Because the average is based on an exact 14-day time period, it can change between blood tests. Check strip and control solution test results are **not** included in the average. Results above 600 mg/dL will be displayed as high, and will be calculated into the average as 600 mg/dL.

If you wish to know the number of results in the memory, press the C button.

n 225
(example)

will appear. This indicates the total number of results stored in the memory, including check strip and control solution test results.

nodata

will appear if no results are stored in the meter memory.

Press the M button again, and the **date** of your most recent test appears.

61199
(June 11, 1999 example)

Press the M button again, and the **time** of your most recent test appears.

120pm
(example)

Press the M button again, and the **result** of your most recent test appears.

94
(example)

A 70
(example)

indicates a check strip test result.

c 105
(example)

indicates a control solution test result.

Press the M button again and

- - - -

appears, indicating the end of the test result record (date, time, and result).

Each time you press the M button, the date, time, and result of the previous tests will appear in sequence.

61199
8:03pm
116
- - - -
(example)

110699
(11 June 1999 example)

will appear if you have selected the day-month-year format. For information, see page 55.

If you wish to move quickly through the results, press and hold the M button. (To go back to the most recent result, it may be quicker to turn the meter off, then on, and press the M button.)

ONE TOUCH® Test Strips include a log sheet that you can use to keep a permanent record of your test results, along with information on diet and medication.

You can get a LifeScan Logbook from your authorized LifeScan distributor, drugstore, or directly from LifeScan Customer Services.

Setting Event Numbers

You may want to mark a glucose reading with an event number (1–9). This allows you or your healthcare professional to analyze the trends in your glucose readings more easily. You can set up the event categories to meet your own needs.

Some examples of event categories you might choose are:

Event 1. Blood glucose results **before a meal**

Event 2. Results **after a meal**

Event 3. **Fasting** glucose results

Event 4. Results **before exercise**

Event 5. Results **after exercise**

Event 6. **3:00 AM** results

Event 7. Results during **illness or stress**

Event 8. Results during **hypoglycemia**

Event 9. Results during **hyperglycemia** or when urine **ketones** are present

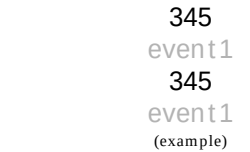
You may select an event number:

- After doing a blood test.
- While reviewing your results from the memory.

To enter an event number:

If you blood glucose result was high (345 mg/dL, for example), you may want to record it as Event 9 (hyperglycemia). To choose Event 9, follow these steps:

With 345 on the display, press the C button.



(example)

appears for several seconds.

Continue pressing the C button to advance the event number from 1 to 9 until the desired number is selected.

event1
.
.
.
.
event9

(chosen for hyperglycemia as an example) is selected.

Press the on/off button to turn the meter off.

To cancel an event number:

With the test result on the Meter display:

112
event6
112
event6
(example)

will alternate on the display. Press the C button repeatedly until

event9

is reached. Press the C button again; the next display is the test result.

112
(example)

The event number for this result has now been cancelled.

Event numbers can be changed or cancelled at any time.

When you are finished using the memory function, press the on/off button.

7. QUESTIONS AND ANSWERS

In the following pages, we've provided answers to some of the most common questions people have about home blood glucose monitoring and the ONE TOUCH® II Meter. If you have a question that isn't covered here, consult your healthcare professional or call LifeScan Customer Services.

CAUTION: A blood glucose monitoring program should be conducted under the guidance of a healthcare professional.

Always consult your healthcare professional before making changes in your diabetes control plan.

Q. Why should I test my blood glucose (sugar)?

A. No doubt your healthcare professional has explained the importance of keeping your diabetes under control. Your ONE TOUCH II System helps you check whether or not you are under control by monitoring your blood glucose levels.

The test results provide a good picture of how diet, exercise, and medication are affecting your diabetes.

Test results can also indicate whether your diabetes is changing in ways that might require an adjustment in your treatment program.

Q. How often should I test my blood glucose?

A. This is best decided by you and your healthcare professional. It may vary according to your age, the type of diabetes you have, any medication you are using, whether you are ill, and any physical or emotional changes in your life.

Q. Should my test results always be the same?

A. No. Results will vary somewhat from test to test, depending on diet, activity level, and time of day. These variations provide useful clues about your condition and how well your treatment program is working.

With your healthcare professional, determine your own personal target blood glucose values, as well as what an unusually high or low test result is for you. In most cases, your test results should stay within that range.

Q. What can I do to be sure I get accurate test results?

A. Make sure that you do the following:

Keep your meter clean at all times. For information, see page 43.

Use enough blood. The entire test spot must be completely covered with blood. Touch the drop of blood lightly to the middle of the test spot to fill the entire spot. The drop of blood should form a round, shiny circle over the entire spot, and stay wet during the entire test.

Do not smear the blood or touch the test spot with your finger.

Do not use expired test strips. Never use test strips after the expiration date on the package label has passed.

Make sure the meter code number is set to match the code number on the vial of test strips you are using.

Periodically review your use of the meter with your healthcare professional.

Q. What should I do if my blood glucose test results are consistently high for my own diabetes control plan?

A. The goal of diabetes management is to maintain a "near normal" amount of glucose in the blood. Normal, low, and high blood glucose values for your individual treatment plan should be determined with your healthcare professional. If your blood glucose test results remain consistently high, contact your healthcare professional.

Q. What are the expected blood glucose values associated with well-controlled diabetes?

A. Fasting: 60–130 mg/dL (3.3–7.2 mmol/L).

After meals (1 hour): Less than 180 mg/dL (10.0 mmol/L).

After meals (2 hours): Less than 150 mg/dL (8.3 mmol/L).[3,4]

Q. Why don't my meter results match the results that I got from my doctor's laboratory exactly?

A. Many healthcare professionals believe that the result that you get with your meter should fall within 15% to 20% of the result obtained on laboratory equipment when whole blood is tested.[5] However, there are a number of reasons why the blood glucose result from your meter may vary even more than 20% from a laboratory result.[6]

One of the most common reasons is that laboratories use only the serum or plasma portion of the blood for glucose testing, while home monitors use a sample of whole blood. Whole blood results are approximately 10%–12% lower than serum or plasma results from the same blood sample (at average hematocrit levels 41%–45%). To adjust for this difference, divide the laboratory value by 112% or 1.12.[7]

Example:

- Let's assume your lab (plasma) result is 150 mg/dL.
- 150 divided by 1.12 = 134 mg/dL.
- Compare your meter result to 134 mg/dL.

You can still expect a variation from this number based on other factors, noted below.

There is a difference in the glucose levels of venous blood (usually drawn from a vein in your arm) and capillary blood (blood from a fingerstick). After a meal, the glucose levels in the capillaries may be 20–70 mg/dL higher than the levels in venous blood.[6] If your lab test is taken while you are in the fasting state (before breakfast), this difference will be minimal (2–5 mg/dL).[7]

Variation may also occur between your meter and the lab if the two tests were not done within 10–15 minutes of each other. Blood glucose values change rapidly, especially after you have eaten, and the two tests could have very different results.[8,9]

1 Wickham NWR, et al: *Practical Diabetes* (1986) 3(2):100.
2 Cohen FE, et al: *Diabetes Care* (1986) 9(3):320-322.
3 Skyler JS, et al: *Postgraduate Medicine* (1987) 81(6):163-174.
4 Skyler JS, et al: *Diabetes Care* (1981) 4:311-318.
5 Clarke WL, et al: *Diabetes Care* (1987) 10:622-628.
6 Gadsen RH: *Challenges in Diabetes Management,* Milpitas CA, LifeScan, Inc. (1988) 63-66.
7 Caraway WT: Carbohydrates, in Tietz NW (ed). *Fundamentals of Clinical Chemistry.* Philadelphia, WB Saunders Company (1976) 242-244.
8 Surwit RS and Feinglos MN: *Diabetes Forecast* (1988) April: 49-51.
9 Nelson RL: *Diabetes Spectrum* (1989) 2:219-223.
10 Atkin SH, Dasmahapatra A, Jaker MA, Chorost MI, and Reddy S. Fingerstick glucose determination in shock. *Ann Int Med* 1991; 114:1020-1024.

8. SPECIFICATIONS

Performance Characteristics

See the ONE TOUCH® Test Strips package insert for ONE TOUCH® II System accuracy and precision.

Power Supply: One Duracell® alkaline battery, size J (6 V) part #7K67 is included with meter.

Battery Life: Approximately one year (at two test per day).

Result Range: 0–600 mg/dL (0–33.3 mmol/L). Higher values displayed as high.

Display Type: Alphanumeric; 6-character, 14-segment LCD.

Dimensions: Length—4¾"; Width—2⅜"; Height—1 1⁄16"; Weight—Approx. 4.76 oz. (including battery).

Operating Temperature Range: 59°–95°F (15°–35°C).

Operating Humidity Range: 0%–90% relative humidity (noncondensing).

Memory: Storage capacity—250 test results including check strip and control solution test results (oldest test deleted first).

Code Numbers: 1–16.

Data Port: Communicates with Data Manager™ unit and other data management systems.

Guarantee and Warranty

30-Day Money-Back Guarantee

If you are not fully satisfied with the ONE TOUCH® II System, a full refund may be obtained by calling a LifeScan Customer Services Representative at the toll-free number within 30 days of purchase. You must return the ONE TOUCH® II Meter and a copy of your receipt to receive a refund.

Five-Year Warranty

If, at any time during the first five years after purchase, the meter does not work for any reason (except for obvious abuse), LifeScan will replace it with a new meter or equivalent product free of charge. The warranty policy applies only to the original purchaser of this meter and does not include the battery supplied with the meter.

Before you return your meter, or any product for warranty replacement, first call your LifeScan Customer Services Representative at the toll-free number for detailed instructions.

Please complete the warranty service card and mail it to LifeScan.

The ONE TOUCH II Meter has a full five-year warranty from the original date of purchase. Write your date of purchase here: _____

The warranty policy does not apply to the performance of the ONE TOUCH® II Meter when used with any test strip other than ONE TOUCH® Test Strips, or when the ONE TOUCH II Meter or ONE TOUCH Test Strips are changed or modified in any way.

This warranty is in lieu of all other warranties, express or implied, including any implied warranty of merchantability or fitness for a particular purpose.

9. GLOSSARY AND INDEX

Glossary of Medical Terms

This glossary is provided to help you better understand key medical terms that relate to diabetes and blood glucose monitoring. For complete definitions, consult a medical dictionary or appropriate reference.

dehydration - the state of water loss from the body

diuretics - medicines that increase the amount of urine excreted

expiration date - the date specified by the manufacturer after which the product should not be used

fasting blood glucose - glucose reading when no food has been eaten since midnight the night before

glucose - sugar in the blood

hematocrit - the percent volume of blood cells in the blood

hyperglycemia - an abnormally high level of glucose in the blood

hypoglycemia - an abnormally low level of glucose in the blood

***in vitro* -** outside the human body

mg/dL - milligrams per deciliter. A unit of measurement for the concentration of glucose in blood used in the United States.

mmol/L - millimoles per liter. The unit of measurement for the concentration of glucose in blood used in Canada and other countries.

neonatal - a blood sample from a newborn child

plasma - the liquid portion of a blood sample remaining after cells have been removed. Plasma contains clotting proteins.

quantitative - pertaining to an amount

serum - the clear portion of a clotted blood sample remaining after cells and clotting proteins have been removed

vial - a container

whole blood - unseparated blood with all blood components present

Index

Battery Replacement 47
Blood Glucose Values (Expected) 70
Blood Sample Size 28, 35, 36
Check Strip 10
Cleaning and Maintaining
- Check Strip 14
- PENLET® II Sampler 21
- Test Area of the Meter 45
- Test Strip Holder 44

Coding the Meter 14
Glossary 76
Control Solution 8, 32
Hematocrit 6, 71, 76
Infection Control Information 42
Laboratory Comparison Information 70
Memory
- Average Blood Glucose 63
- Recalling Tests 63
- Number of Stored Results 64
- Event Numbers 65

PENLET® II Automatic Blood Sampler 17, 24
Performance Characteristics 73
Precautions and Limitations 5
Questions and Answers 68

Special Functions
Setting the Clock 50, 52
Setting the Beeps..... 54, 57
Setting the Language..... 54, 58
mg/dL or mmol/L..... 9, 50, 55, 59, 76, 77
Date Format 50, 55, 60
AM/PM or 24-Hour Time 50, 55, 61
Data Management Interface Information 50, 55, 61
Specifications 73
Testing Your Blood..... 22–27
Test Procedure Messages
“Clean Test Area” Message..... 34, 44
“Error 1” Message..... 35
“Error 2” Message..... 35
“Not OK” Message 37
“Not Enough Blood” message ... 29, 36
Test Strips 4, 24–29
Troubleshooting..... 30
Warranty..... 74

LifeScan Customer Services toll-free numbers:
(24 hours a day, 7 days a week)

U.S.A. English 1 800 227-8862
Español 1 800 381-7226
www.LifeScan.com

El Folleto para el Propietario del ONE TOUCH® II se encuentra disponible en español. Para recibir su copia gratuita, favor del llamar al número gratis 1 800 381-7226.

The ONE TOUCH® II instructional materials are available in Spanish. To receive your free copy, please call toll-free 1 800 381-7226.

To help protect the environment, this booklet has been printed on recycled paper. You may notice random particles and irregularities in the paper stock.

LIFESCAN
a Johnson & Johnson company

©LifeScan, Inc. 1999 Milpitas, CA 95035 9/99 AW 051-483-01B